
medical | procedures making headlines

'Titan' it up

A promising new light-based technology for tightening lax skin, the Cutera Titan Procedure™ has been making headlines.

The Titan Procedure is a “virtually painless and cost-effective, nonsurgical treatment that safely and effectively delivers a more youthful appearance by tightening skin on the face, neck, abdomen, thighs and upper-arms.” According to the manufacturer, it delivers remarkable skin-tightening results without the downtime, scars or excessive costs associated with surgery.

“The Titan Procedure represents a real breakthrough because it’s risk-free and delivers excellent results. It is much more effective than radio frequency (RF)-based procedures because it is painless and avoids the associated fat necrosis and skin dimpling. I predict Titan is going to be the fastest-growing cosmetic procedure around,” says board-certified physician Nodar Janas, M.D.

The Titan Procedure is a useful tool for people in their 30s to 60s who want to improve their appearance with a noninvasive procedure that yields natural, but noticeable results. Appropriate candidates include a new mother whose tummy isn’t as tight as it used to be, or a patient who has experienced extreme weight loss and needs to tighten loose skin.

The Titan Procedure uses an infrared light source to safely apply heat to the dermis, causing collagen contractions that stimulate long-term collagen rebuilding.

Many patients see and feel results as soon as treatment is completed, because of collagen contraction, or coiling, but the long-lasting effects of the procedure develop as new collagen is produced, typically in three to six months. The best results may require a series of up to three treatments, spaced one month apart. The effects last anywhere from one to two years. Treatments take between 15 minutes to an hour, depending on size of the area being treated.

New procedures for the toes can ‘slim’ toes and shorten them. An incision is made on the side of the toe for minimal scarring.

This little piggy ...

As cosmetic benefits of foot surgery are becoming more commonplace, more and more individuals with congenital foot disorders are also stepping forward to seek out the latest innovative corrective techniques.

Dr. Oliver Zong, a podiatrist in Manhattan and surgical director of NYC FootCare says, “There was a time when there was little that could be done cosmetically to improve feet. Today, most problems of the feet can be corrected.” Dr. Zong has introduced multiple surgical options to get fat toes slim.

The Toe Tuck: The Toe Tuck involves surgery of the pinky toe to make the toe slimmer. Often painful, un-



photo: ©iStockphoto.com/Roberto Adrian

sightly corns on the pinky toe are also removed. The Toe Tuck allows for a better fit into stylish shoes especially if pinky toes tend to get cramped in shoes.

Toe Slimming: This involves slimming of the toes’ tips where fatty deposits may cause the toes to look uneven.

Toe Shortening: This is most commonly for the second toe (next to the big toe) although any toe can be shortened. Like the hammertoe surgery, incisions are carefully placed between the toes so visible scarring is minimized. Dr. Zong has taken the procedure an extra step by placing his incision on the side of the toes so no visible scar is left. “It’s obvious that any patient concerned enough to undergo a toe shortening procedure would also prefer as minimally visible a scar as possible. With our incision there is no visible scar,” says Dr. Zong. **LNE**